

EXERCISE EQUIPMENT

ABSTRACT OF THE DISCLOSURE

Exercise equipment toning and strengthening the muscles of the abdomen, back, shoulders, arms, and legs. A plurality of hand attachments, elbow attachments, knee
5 attachments, and foot attachments are provided which allow the user to exercise their whole body. The bottom of the hand attachments, elbow attachments, knee attachments, and foot attachments either have caster wheels attached or are coated with polytetrafluoroethylene so that they can be rolled or slid on a variety of surfaces. The elbow attachments and knee attachments are removably secured to the user by straps with hook and loop fasteners. The foot attachments
10 have shoes that can be worn on the user's feet, and the hand attachments have a hand pad that can be grasped by the user. Alternatively, the hand attachments and elbow attachments are combined to form gloves and the knee attachments and foot attachments are combined to form boots. Pads are provided on the top of the hand attachments, elbow attachments, and knee attachments to cushion the user.